

# EYE WELLNESS IN THE WORKPLACE

Computer vision syndrome, vision fatigue, digital eye strain. No matter what you call it, if you stare at a computer or digital device for more than a few hours a day, you are susceptible to long-term vision problems.



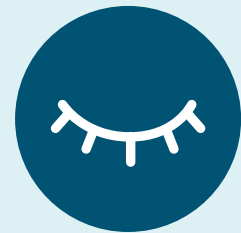
## Did you know?

- On average, people spend more than 11 hours per day on digital devices, with teens spending an average of nine hours a day in front of a variety of screens.
- Nearsightedness has increased by 66% since the 1980s.<sup>1</sup>
- Approximately 80% of all vision impairment is considered avoidable.

## Symptoms

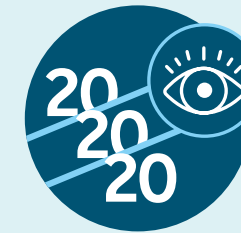
- Headaches
- Blurred vision
- Neckpain
- Dry eyes
- Eye irritation
- Tired eyes
- Excessive tearing
- Long hours in front of a computer screen can even lead to nearsightedness or scarring of the cornea.

## Ways to Avoid Computer Eye Strain



### Blink Frequently

Remember to blink when using electronic devices.



### Breaks

Take frequent breaks. Practice the 20/20/20 rule. Every 20 minutes, take your eyes off your screen. Look at something 20 feet away for 20 seconds.



### Blue Light Glasses

Consider computer eyewear like blue light glasses.



### Vision Care Exam

Get a comprehensive vision care exam every 1–2 years.



### Modify Your Workstation

Adjust the brightness of your screen and make sure your desk is set up properly with your monitor at least 20–30 inches away from you.



### Diet

Consider adding macular carotenoids such as lutein to your diet via leafy greens, eggs, and vegetables.